



CHEF CHRIS'  
CIOPPINO

*Trefethen*

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## INGREDIENTS

2 whole fresh dungeness crabs,  
cooked, cracked & cleaned

1½ lb fresh, firm white fish (cod,  
snapper, halibut) cut into 2 in. cubes

1 lb fresh clams in shell, scrubbed &  
cleaned

1 lb fresh black mussels in the shell,  
scrubbed and cleaned

1/2 lb fresh shrimp, cleaned &  
deveined

3 Tbsp Trefethen extra virgin olive oil

1½ cups onions or shallots, chopped

3 cloves garlic, minced

2-16 oz cans whole tomatoes

16 oz can tomato sauce

1½ cups Trefethen Chardonnay

1 bay leaf

3 Tbsp fresh parsley, finely chopped

3 Tbsp fresh basil, finely chopped

1½ Tbsp fresh oregano, finely  
chopped

3 drops Tabasco sauce

salt and pepper to taste

## PROCEDURE

1. Remove all crab meat from the shell and legs and set meat aside with clams, fish, and shrimp. Discard empty shells and legs.
2. Sauté onion in olive oil until translucent, about 8 minutes. Add garlic and cook 2 minutes more. Add whole tomatoes, tomato sauce, one cup of water, tabasco, herbs, and wine. Cover and cook for 25-30 minutes over medium heat, stirring occasionally. Adjust salt and pepper to taste.
3. Add fresh shrimp, mussels, and clams, and bring pot to a simmer. Cover and continue cooking for 10-12 minutes more. If there are any unopened shellfish at this point, discard them.
4. At this point add the fish pieces and cooked crab. Simmer for another 5 minutes.
5. Ladle into your favorite bowls and serve hot with a tossed green salad and crusty French bread. Enjoy!

## TREFETHEN WINE PAIRING

**Chardonnay:** *Subtle notes of toasted oak frame the palate which features more citrus flavors and hints of apple and pear. The lively acidity brings great balance and the finish is refreshing and smooth. acidity and minerality provide an invigorating finish.*